



North Suburban YMCA
2705 Techny Road
Northbrook, IL 60062
847.272.7250
www.nsymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Sunday 12/24/2023	Monday 12/25/2023	Tuesday 12/26/2023	Wednesday 12/27/2023	Thursday 12/28/2023	Friday 12/29/2023	Saturday 12/30/2023
5:00							
5:15							
5:30			Lap Swim	Lap Swim	Lap Swim		
5:45			5:15-6a	5:15-6a	5:15-6a		
6:00							
6:15	Lap Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:30	6:15-7a		6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a
6:45							
7:00							
7:15	Lap Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:30	7:15-8a		7:15-8a	7:15-8a	7:15-8a	7:15-8a	7:15-8a
7:45							
8:00							
8:15	Lap Swim		Zumba	Zumba	Lap Swim	Lap Swim	Lap Swim
8:30	8:15-9a		8:15-9am	8:15-9am	8:15-9a	8:15-9a	8:15-9a
8:45							
9:00							
9:15	Lap Swim		Combo	Lap Swim	Aqua Blast	Aqua Blast	Family Swim 9:15-
9:30	9:15- 10:15a		9:15-10am	9:15-10a	9:15-10am	9:15-10am	10:30a
9:45							
10:00						Aqua	
10:15	Lap Swim		Lap Swim	Lap Swim	Lap Swim	Combo	
10:30	10:15-		10:15-11:15a	10:15-11:15a	10:15-11:15a	10:15-11am	
10:45	11:15a						Family Swim
11:00			Lap Swim	Lap Swim	Lap Swim	Lap Swim	10:45-12p
11:15			11:15-12p	11:15-12p	11:15-12p	11:15-12p	
11:30	Family Swim						
11:45	11:30-12:45p						
12:00			Lap Swim	Lifeguard Class	Lap	Lap	Lap
12:15			12-1p		12-1p	12-1p	12:15-1p
12:30							
12:45							
1:00			Lap Swim		Lap	Lap	Lap
1:15			1-2p		1-2p	1-2p	1-1:45p
1:30							
1:45							
2:00							Family
2:15			Lap Swim		Lap	Lap	Swim 2-3p
2:30			2:15-3p		2:15-3p	2:15-3p	
2:45							
3:00			Lap Swim		Lap	Lap	Family
3:15			3-4p		3-4p	3-4p	Swim 3:15-
3:30							4:15p
3:45	Please make						
4:00	your same		Family Swim	Family Swim	Camp Swim	Camp Swim	
4:15	day Family		4-5p	4-5p	4-5p	4-5p	
4:30	reservations						
4:45	by calling the		Family Swim	Family Swim	Family Swim	Family Swim	
5:00	front desk at		5-6p	5-6p	5-6p	5-6p	
5:15	847-272-7250.						
5:30							
5:45							
6:00							
6:15			Lap Swim	Lap Swim	Family Swim	Family Swim	
6:30			6:15-7:15p	6:15-7:15p	6:15-7:15p	6:15-7:15p	
6:45							
7:00			Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:15			7:15-8:15p	7:15-8:15p	7:15-8:15p	7:15-8:15p	
7:30							
7:45							
8:00							
8:15							

Winter Break Pool Schedule: Week 1 - December 14th to December 30th

schedule subject to change



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	Sunday 12/31/2023	Monday 1/1/2024	Tuesday 1/2/2024	Wednesday 1/3/2024	Thursday 1/4/2024	Friday 1/5/2024	Saturday 1/6/2024	Sunday 1/7/2024
5:00								
5:15								
5:30								
5:45								
6:00								
6:15	Lap Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:30	6:15-7a		6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a	6:15-7a
6:45								
7:00								
7:15	Lap Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:30	7:15-8a		7:15-8a	7:15-8a	7:15-8a	7:15-8a	7:15-8a	7:15-8a
7:45								
8:00								
8:15	Lap Swim		Zumba	Zumba	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30	8:15-9a		8:15-9am	8:15-9am	8:15-9a	8:15-9a	8:15-9a	8:15-9a
8:45								
9:00								
9:15	Lap Swim	Lap Swim	Combo	Lap Swim	Aqua Blast	Aqua Blast	Family	Lap 9:15-
9:30	9:15-	9:15-10a	9:15-10am	9:15-10a	9:15-10am	9:15-10am	Swim 9:15-	10:15am
9:45	10:15am						10:30a	
10:00								
10:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua		Lap 10:15-
10:30	10:15-	10:15-11:15a	10:15-11:15a	10:15-11:15a	10:15-11:15a	Combo		11:15am
10:45	11:15am					10:15-11am		
11:00							Family	
11:15		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim	
11:30	Family	11:15-12p	11:15-12p	11:15-12p	11:15-12p	11:15-12p	10:45-12p	Family
11:45	Swim 11:30-							Swim
12:00	12:45pm	Lap Swim	Lap Swim	Lifeguard Class	Lifeguard Class	Lifeguard Class		11:30-
12:15		12-1p	12-1p	Lap	Lap	Lap	Lap	12:45p
12:30				12-1p	12-1p	12-1p	12:15-1p	
12:45								
1:00		Lap	Lap Swim	Lifeguard Class	Lifeguard Class	Lifeguard Class		Lap
1:15		1-1:45p	1-2p	Lap	Lap	Lap	Lap	1-1:45p
1:30				1-2p	1-2p	1-2p		
1:45								
2:00	Please make	Family					Family	Family
2:15	your same	Swim 2-3pm	Lap Swim	Lap	Lap	Lap	Swim 2-3p	Swim 2-3p
2:30	day Family		2:15-3p	2:15-3p	2:15-3p	2:15-3p		
2:45	reservations							
3:00	by calling the	Family	Lap	Lap	Lap	Lap		
3:15	front desk at	Swim 3:15-	3-4p	3-4p	3-4p	3-4p	Family Swim	Family Swim
3:30	847-272-7250.	4:15pm					3:15-4:15p	3:15-4:15p
3:45								
4:00			Camp Swim	Camp Swim	Camp Swim	Camp Swim		
4:15			4-5p	4-5p	4-5p	4-5p		
4:30								
4:45								
5:00								
5:15			Family	Family	Family	Family	Please make	Please make
5:30		Please make	Swim 5-6p	Swim 5-6p	Swim 5-6p	Swim 5-6p	your same	your same
5:45		day Family					day Family	day Family
6:00		reservations					reservations	reservations
6:15		by calling the	Lap Swim	Swim Team	Family	Family	by calling	by calling
6:30		front desk at	6:15-7:15p	6:15-7:15p	Swim	Swim	the front	the front
6:45		847-272-7250.			6:15-7:15p	6:15-7:15p	desk at	desk at
7:00			Lap Swim	Lap Swim	7:15-8:15p	7:15-8:15p	847-272-	847-272-
7:15							7250.	7250.
7:30								
7:45								
8:00								
8:15								